

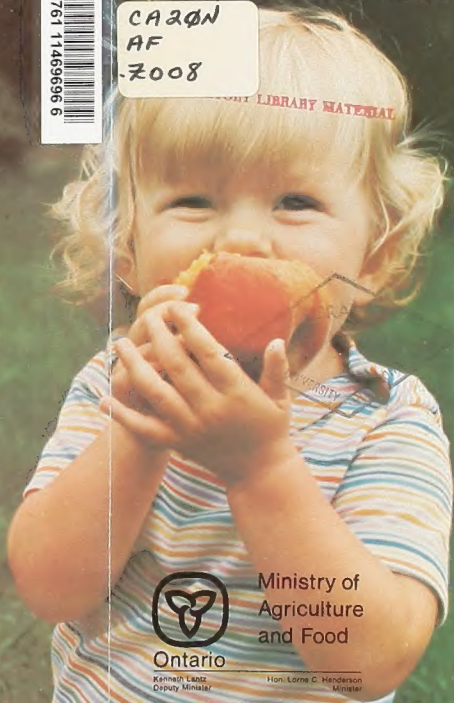
yours
to
enjoy

Ontario's Summer Fruits

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Ministry of
Agriculture
and Food

Ontario

Kenneth Lantz
Deputy Minister

Hon. Lorne C. Henderson
Minister

Ontario's Summer Fruits ... yours to enjoy

From Ontario's sun-soaked orchards come the summer sweet tastes of Ontario fresh fruits. They're blushing with color and plump ripeness. Look for a glorious assortment of sizes, colors, textures and flavors.

Savor each one as it comes into season

STRAWBERRIES Early June to first part of July. Refrigerate uncovered. Wash and hull when ready-to-use.

SWEET CHERRIES July. Refrigerate uncovered. Wash when ready-to-use.

RASPBERRIES Early July to early August. Refrigerate uncovered. Wash when ready-to-use.

YELLOW PLUMS Latter part of July to first half of August. Ripen at cool room temperature. Refrigerate covered. Wash when ready-to-use.

SOUR CHERRIES Mid-July to first part of August. Refrigerate uncovered. Wash when ready-to-use.

APRICOTS Latter part of July to first half of August. Ripen at cool room temperature. Refrigerate uncovered or keep in cool, dry place. Wash when ready-to-use.

PEACHES

Earlired: late July

Sunhaven: first half of August

Redhaven: mid-August

Loring: latter part of August to first part of September

Ripen at cool room temperature away from direct sunlight. Refrigerate uncovered. Wash when ready-to-use.

BLUEBERRIES Mid-July-mid-August. Refrigerate uncovered. Wash stem when ready-to-use.

MUSKMELON Latter half of August to early October. Ripen at cool room temperature. Wrap in plastic. Refrigerate. Wash when ready-to-use.

APPLES August to late September. Through fall and winter from storage. Refrigerate in perforated plastic. Wash when ready-to-use.

PEARS Latter part of August to early October. Ripen at cool room temperature. Refrigerate uncovered. Wash when ready-to-use.

BLUE PLUMS Mid-September to early October. Ripen at cool room temperature. Refrigerate covered. Wash when ready-to-use.

It's good to know . . .

- A 6-quart basket (8 to 10 lb) of peaches yields 4 to 5 quarts of home canned peaches.
- Sugar acts as an important preservative for most fruits. However, all fruits can be canned or frozen without sugar.
- An easy way to peel plums and peaches . . . submerge fruit in boiling water for 30 seconds. Immediately dip in cold water. Slip off skins.
- Sweet cherries freeze well in a syrup of 2 cups of sugar and 3 cups of water to which $\frac{1}{4}$ teaspoon of ascorbic acid has been added. Leave a headspace at the top of the container.
- Redhaven and Loring peaches are merchandised by name. Other varieties are merchandised as "early peaches" and "freestone peaches".
- One cup of fresh strawberries contributes 55 calories; one medium peach 35 calories; one plum 25 calories.
- You can make fresh fruit pies, freeze them, and bake them only when ready-to-use. Vent top crust just before baking.
- Sunhaven, Redhaven, Loring peaches are good varieties for freezing. Redhaven, Jubilee, Velvet, Loring peaches are good canning varieties.
- Fruit sauces and fruit compotes made of fruits in season freeze well. Allow headspace for expansion of the liquid during freezing.
- You can't judge the ripeness of a peach by its blush. Look for a creamy yellow tinge behind the blush and at the stem end. Avoid peaches that have a green coloring in the background.
- Raspberries, strawberries and blueberries should be refrigerated on a tray in a single layer to avoid bruising.
- Unlike other fruits, pears ripen from the inside out.
- A quarter teaspoon of crystalline ascorbic acid dissolved in $\frac{1}{4}$ cup of cold water and tossed with each 4 cups of prepared peaches prior to freezing will prevent darkening of the peaches.

Look for the
FOODLAND ONTARIO
symbol at produce displays
when buying Ontario fruit

GOOD THINGS GROW IN ONTARIO



Ontario fruits are great on their own. They're super when mixed together. For glamor that lights up a meal, wash and prepare a luscious assortment of available juicy fresh fruits, put them in fancy dessert dishes, then dip or top with a finishing touch . . . one of these simple but elegant flavorings.

FRUIT CREAM

- 1 cup sour cream
- 3 tbsp brown sugar
- $\frac{1}{2}$ tsp grated lemon rind
- 1 tbsp lemon juice

Combine all ingredients. Chill. At serving time, spoon onto prepared fruits in dessert dishes. Makes $1\frac{1}{4}$ cups.

FLUFFY SHERRY TOPPER

- $\frac{1}{2}$ cup whipping cream
- 2 egg yolks
- $\frac{1}{4}$ cup sugar
- 3 tbsp medium Ontario sherry
- $\frac{1}{2}$ tsp salt

Beat whipping cream. Set aside. In a small bowl, using electric mixer, beat together egg yolks, sugar, sherry and salt. Beat until light and fluffy (about 5 minutes). Fold into whipped cream. Spoon over cut fresh fruits in dessert dishes. Makes $1\frac{1}{2}$ cups.

PERKY FRUIT SYRUP

- 2 cups sugar
- 3 cups water

Measure sugar and water into a saucepan. Bring to boil. Boil over medium heat for 5 minutes. Cool. Transfer to jar with lid. Keep in refrigerator. Pour syrup over prepared fresh fruits. Chill 2 hours. Makes $3\frac{1}{2}$ cups.

BUTTERSCOTCH DIPPING SAUCE

- 2 tbsp butter
- 2 tbsp cornstarch
- 1 cup brown sugar
- $\frac{1}{4}$ tsp salt
- 1 cup boiling water
- $\frac{1}{2}$ tsp vanilla

Melt butter in saucepan. Mix cornstarch, sugar and salt and add to melted butter. Stir over medium heat until smooth. Stir in boiling water, and continue cooking until mixture thickens, about 5 minutes. Remove from heat. Stir in vanilla. Transfer to a dessert fondue pot or keep warm. Prepare a selection of fruits. Place in rows on a platter. Pass at the table. Each person will dip one piece of fruit at a time into the sauce and eat immediately. Makes $1\frac{1}{4}$ cups.